# A Longer-Term Recovery Map - Concept brief

Understand the idea behind a longer-term recovery map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wants a plan that leaves the relationship outcome open.

## The idea

Recovery may involve ongoing meaning-making, boundaries, and support.

## An ordinary example

Lee wants a plan that leaves the relationship outcome open.

## What this can look like

Create a flexible map of personal care, relational work if chosen, practical tasks, and review points without setting a forgiveness deadline.

## Check the fit

What should remain open rather than decided for the sake of completing the plan? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

Understanding relationship context does not transfer responsibility for deception to the hurt partner or require a particular relationship outcome.

## Reflection

What should remain open rather than decided for the sake of completing the plan?

## Scope and adaptation

Joint work requires private assessment of coercion, violence, fear, and retaliation. Do not require graphic disclosure, passwords, surveillance, reconciliation, forgiveness, or sexual contact. Accountability for deception is not assigned to the hurt partner. Support individual agency and appropriate medical, legal, or safety consultation without using this worksheet as professional advice.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Integrative Model of Affair Recovery. Full source links and scope: library.morethantherapy.org/recovery/resources/INF-A20-1